

Wednesday Classes

OILS & ACRYLICS - HOW TO SEE COLOR AND PAINT IT (MORNING) **MV-LA

Date: 9/19 – 11/28

Location: Multipurpose Rm. B

Time: 9:00 a.m. - 12:00 p.m.

Instructor: B. Magneson

Cost: Age 55+ \$20/others \$84

Color is the key to painting what you see. While working from photographs of your choice, learn to observe, mix and match colors with remarkable accuracy. The results are exciting paintings, filled with luminous color. This class is for beginning students and intermediate students who want to develop a more subtle perception of color. Bring your painting supplies (oils and acrylics) and small canvas or canvas paper to first class. An evening session is also available. **See pg. 23 for enrollment information.



SURFING THE INTERNET **MV-LA (class meets M & W) (No class 11/12)

Date: 10/10 - 11/5

Location: Technology Room

Time: 9:00 a.m. - 11:30 a.m.

Instructor: M. Singer

Cost: Age 55+ \$20/others \$84

Learn essential web search techniques and tips. You will be introduced to Yahoo email, creating a web account, and how to print information from the internet. Prerequisite: "Meet the PC" (pg. 8,17) or equivalent. **See pg. 23 for enrollment information.



INTRO TO BUILDING A PERSONAL WEBPAGE **MV-LA (class meets M & W) (No class 11/12)

Date: 11/7 - 11/28

Location: Technology Room

Time: 9:00 a.m. - 11:30 a.m.

Instructor: M. Singer

Cost: Age 55+ \$20/others \$84

Explore the fundamentals of web page design and learn to create and customize your own pages. No programming knowledge needed! Learn to use popular community sites such as MySpace and Yahoo-360. Prerequisite: "Meet the PC" (pg. 8,17) or equivalent and some experience with the Internet. **See pg. 23 for enrollment information.

CERAMICS - SMALL CLAY SCULPTURE **MV-LA

Date: 9/19 - 11/28

Location: Arts & Crafts Room

Time: 9:30 a.m. - 12:30 p.m.

Instructor: C. MacPherson

Cost: Age 55+ \$20*/others \$84*

Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcome. *Materials furnished for small fee. **See pg. 23 for enrollment information.

CHORUS **MV-LA

Date: 9/12 - 12/12

Location: Multipurpose Rm. A

Time: 9:45 a.m. - 11:45 p.m.

Instructor: M. Ridgway

Cost: Age 55+ \$20*/others \$84*

Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. *Music fee of \$25 collected at first class. **See pg. 23 for enrollment information.

Wednesday Classes

THE SPEECHREADER (LIPREADING) †Foothill

Date: 9/26 - 12/12

Location: Meeting Room

Time: 10:00 a.m. - 11:30 a.m.

Instructor: E. Mastman

Cost: \$36.50

This class is for new and experienced hearing aid users and people who use no hearing aids at all. Assistive devices, with earphones or neck loops, are available for use in class. Whether or not you have hearing aids, these classes help you learn strategies to cope with hearing loss. † See pg. 23 for enrollment information.

THERAPEUTIC YOGA FOR SENIORS

Date: 9/26 - 12/12

Location: Dance & Movement Rm.

Time: 11:00 a.m. - 12:15 p.m.

Instructor: N. Subramanian

Cost: Free

This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement. **Sign up at the Mountain View Senior Center Front Desk or the first day of class.**

ORCHESTRA - SOUTH BAY COMMUNITY ORCHESTRA **MV-LA

Date: 9/5 - 12/12

Location: Multipurpose Rm. A

Time: 12:00 p.m. - 4:00 p.m.

Instructor: C. Kolchinsky

Cost: Age 55+ \$30*/others \$94*

This is a full orchestra. Approximately 8 concerts per year are performed. Separate rehearsals will be conducted; strings: 12:00 p.m. - 1:00 p.m., full orchestra: 1:00 p.m. - 4:00 p.m. All symphony type instruments are welcome. *Material fee of \$10. **See pg. 23 for enrollment information.

CERAMICS - BASIC TECHNIQUES **MV-LA

Date: 9/19 - 11/28

Location: Arts & Crafts Room

Time: 1:00 p.m. - 4:00 p.m.

Instructor: C. MacPherson

Cost: Age 55+ \$20*/others \$84*

Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter they will have completed pieces to take home. *Materials furnished for small fee. **See pg. 23 for enrollment information.

GENEALOGY **MV-LA (class meets M & W)

Date: 9/24 - 10/10

Location: Technology Room

Time: 1:00 p.m. - 3:30 p.m.

Instructor: V. Hamilton

Cost: Age 55+ \$20/others \$84

Come to this hands-on class and collect genealogical information. Each class session will emphasize one of the topics relating to land records, wills, miscellaneous documents, organization of family history, and the latest tool ~ DNA. You will create family files on the Family Tree Maker program and learn to repair and copy old photos. Prerequisites: "Meet the PC" (pg. 8,17), Window classes, Internet classes. Students are expected to have knowledge of the computer and keyboard functions. **See pg. 23 for enrollment information.

Wednesday Classes

THE JOY OF MOVEMENT



Date: 9/26 - 12/12

Time: Afternoon: 1:00 p.m. - 3:30 p.m.

-or- Evening: 6:30 p.m. - 9:00 p.m.

Cost: Age 55+ Free*/others \$60*

Location: Dance & Movement Rm.

Instructor: K. Urban

This class includes three related courses: "Conscious Aging" (9/26-10/17), "Healing" (10/24-11/14), and "Creativity" (11/21-12/12). Students may sign up for one, two or all courses, offered either in the afternoon or in the evening. These courses are appropriate for anyone wishing to reduce stress, discover new resources for mindfulness, healing, and creativity, rediscover the joy of movement, or "dance as if no one is watching." The class sessions include gentle warm-ups, movement, and meditations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no previous experience is necessary. *There is a \$15 materials fee. No one will be excluded for financial reasons; please ask the instructor if you have monetary concerns. **Sign up at the Mountain View Senior Center Front Desk or the first day of class.**



KNITTING & CROCHETING CLUB

Date: Ongoing

Time: 1:00 p.m. - 3:30 p.m.

Cost: Free

Location: Multipurpose Rm. B

Instructor: J. Baumgardner

Join this group of knitting and crocheting enthusiasts; create fun projects and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome.



QIGONG (EVENING) **MV-LA

Date: 9/19 - 11/14

Time: 5:30 p.m. - 7:00 p.m.

Cost: Age 55+ \$20/others \$84

Location: Multipurpose Rm. A

Instructor: L. Sims

Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. **See pg. 23 for enrollment information.



Wednesday Classes



KNITTING SOLUTIONS, BASIC TECHNIQUES INCLUDING CROCHET **MV-LA

Date: 9/26 - 11/14

Location: Multipurpose Rm. B

Time: 6:00 p.m. - 8:30 p.m.

Instructor: C. Hui

Cost: Age 55+ \$20/others \$84

Are you "stuck" on a knitting or crochet pattern that prevents you from completing your project? Do you wish you could finish those "projects" in the closet? Come join others who want knitting and crochet solutions. Beginners will learn to knit or crochet with easy hands-on projects. Learn to read patterns successfully. All levels welcome!

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